

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

EAP NOTES

TOP 5 HOLIDAY STRESSORS AND STRESS BUSTERS

'Tis the season of joy and happiness. While this may be true, the holiday season can also be a time of stress, loneliness, and sadness. Identify what stresses you and then plan your coping strategies. Below you'll find common holiday stressors and ways to cope with each one.

- 1) *Being with family*
 - Be realistic, don't expect perfection
 - Look for positive qualities about family members rather than negative annoyances
 - See it as a chance to express gratitude for one another
- 2) *Being alone*
 - Consider asking a friend if you can join their holiday
 - Make amends with family
 - Volunteer at a shelter, community center, church
- 3) *Loss of a loved one*
 - Cherish memories and create new ones
 - Make a donation / volunteer in your loved one's honor
 - Allow yourself to grieve
- 4) *Very costly / Hard to come up with gift ideas*
 - Set a budget
 - Set limits with family and friends
 - Look for creative / sentimental / meaningful gifts vs. expensive gifts
- 5) *Feel "run down"*
 - Exercise, eat well, get enough sleep, take time for you
 - Have realistic expectations and be flexible
 - Remember that you choose your attitude!

HOLIDAY STRESS ASSESSMENT

1 = Almost never 2 = Seldom true 3 = Often true 4 = Almost always true

1. I get upset whenever I get together with relatives. _____
2. I feel lonely during the holidays. _____
3. The holidays bring up painful memories. _____
4. I can never find time to relax during the holidays. _____
5. The holidays produce financial stress for me. _____

SCORE _____

- 5-9 = You are coping well with holiday stressors. Continue to take care of yourself.
10-14 = You can likely make some changes in your holiday plans and bolster your coping skills to better enjoy the holidays.
15-20 = You likely find the holidays to be very stressful. Consider talking to a Best Care EAP counselor to develop healthy coping skills. To set up a confidential appointment, please call (402) 354-8000 or 1-800-666-8606.

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